

## Keto Chicken and Spinach



**PREP TIME: 10 mins**

**TOTAL TIME: 15 mins**

**SERVINGS: 4**

### INGREDIENTS

- ☐ 2 tablespoon olive oil
- ☐ 700g boneless, skinless chicken thighs
- ☐ Salt and pepper to taste
- ☐ 2 tablespoon butter
- ☐ 1/3 cup onion, diced
- ☐ 3 teaspoon fresh garlic, minced
- ☐ 1/2 teaspoon crushed red chilli flakes
- ☐ 1 cup heavy cream
- ☐ 1 cup chicken broth
- ☐ 2 tablespoon sun-dried tomatoes
- ☐ 60g cream cheese, softened
- ☐ 1/2 cup grated parmesan cheese
- ☐ 250g spinach

### METHOD

- 1:** Measure out and put ingredients aside. Dice onion and mince garlic
- 2:** In a skillet over medium heat, add the oil and chicken thighs. Cook through, season with salt and pepper to. Set aside.
- 3:** In the same skillet, add the butter, onion, garlic, and crushed red chilli flakes. Stir to combine well.
- 4:** Then, add in the heavy cream, chicken broth, sun-dried tomatoes, and softened cream cheese. Stir to combine and let simmer for a few minutes.
- 5:** Add in the grated parmesan cheese and spinach. Let this cook until the spinach starts to get wilted.
- 6:** Place the chicken thighs back into the pan to just get warm.
- 7:** Serve immediately and enjoy!

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.